# Mother, Why Don't You Take Nuxated Iron

**And Be Strong and Well and Have Nice Rosy Cheeks Instead of Being Nervous and Irritable All the Time and Looking So Haggard and Old?—The Doctor Gave Some to Susie Smith's Mother and She Was Worse Off Than You Are and Now She Looks Just Fine**

**Nuxated Iron Will Increase the Strength and Endurance of Weak, Nervous, Careworn, Haggard Looking Women in Two Weeks' Time in Many Instances**

"There can be no healthy, beautiful, rosy cheeked women without plenty of iron in their blood," said a prominent New York physician and medical author recently. "I have strongly emphasized the fact that doctors should prescribe more organic iron—Nuxated Iron—for their nervous, rundown, weak, haggard looking women patients. Pallor, means anaemia. The skin of the anaemic woman is pale, the flesh flabby. The muscles lack tone, brain fags and the memory fails, and often they become weak, nervous, irritable despondent and melancholy. When the iron goes from the blood of women the roses go from their cheeks. They become weak, irritable, and nervous because food for the nerves can only be supplied through the blood and when the blood is thin and anaemic, the nerves are improperly nourished. The nervous mother or housekeeper is highly irritable, forgets where she puts things, and often cannot remember what she started to do. At night she often has a "good cry" and excuses it by saying it is a relief for her nerves, when it means a high state of nerve force exhaustion. Often her nervousness and irritability is a strain on her children and may help to wreck their delicate nervous systems. Medical science and chemistry have proven that NERVE FORCE IS A DISTINCT SUBSTANCE, SIMILAR TO YOUR BLOOD. It is the most important fluid in your body. It gives life to your nerves and force to your brain. If you cannot think right, if your memory fails, if you are irritable and easily upset, trifling things annoy you, look into your nerve force. When your nerve force becomes weakened, all the vital organs of your body lose their normal strength and vigor, and as a result all kinds of alarming symptoms may appear. From the pains across the back one woman thinks she has kidney trouble; another may think her spine is injured because of the tender spots which may occur thereon. The dull, heavy pain in the lower part of the head or the back of the neck leads another to think she is going to have paresis. Sleeplessness and nervous irritability, heart palpitation and indigestion are very common symptoms. Some people are born with a very small amount of nervo-vital fluid; because the nerve force has been squandered by the lives led by their ancestors. Others use up their nerve force faster than the body can make it, but in every case, your nerve force is your capital in life, and when it is gone your capital is gone, the same as if you had lost or squandered your capital in business. When you lack nerve force there is only one thing that is going to help you, and that is more nerve force. IN SUCH CASES IT IS WORSE THAN FOOLISH TO WASTE YOUR TIME TAKING MERE STIMULATING MEDICINES OR NARCOTIC DRUGS. Your starving nerves must have nerve food or something to supply increased nerve force, the same as a starving man must have bread to make new flesh and muscle. For centuries science searched for a nerve force food. At last a celebrated French physician brought to the attention of the Paris Academy of Medicine a remarkable product which contained the principal chemical constituents of active living nerve force, in a form which most closely resembles that in the brain and nerve cells of man. This wonderful product was later combined with organic iron and other valuable ingredients under the name of "Nuxated Iron," so that today true artificial nerve force ready to be transformed into active living nerve force, the moment it enters the body, may now easily be had simply by taking two tablets of Nuxated Iron three times a day, with or after your meals. ORGANIC IRON CONTAINED IN NUXATED IRON IS LIKE THE IRON IN YOUR BLOOD, and like the iron in spinach, carrots, lentils and apples, it not only quickly enriches the blood, but it also stimulates the blood to manufacture a greatly increased supply of new nerve force, so that Nuxated Iron not only feeds artificial nerve directly to the nerve and brain cells, but it indirectly increases the production of nerve force through the medium of the blood.

MANUFACTURERS' NOTE—Millions of people are using Nuxated Iron. From the remarkably beneficial results which it has produced, the manufacturers feel so certain of its efficacy that they guarantee satisfactory results to every purchaser, or they will refund your money. If you are weak, nervous or run down, get a bottle of Nuxated Iron today, and if within two weeks you do not feel that it has increased your nerve force, and made you feel better and stronger in every way, your money will be refunded. Look for the word "Nuxated" on every package. Sold by all druggists.



# Public Sale

of Registered

# HEREFORD CATTLE

We will offer our first sale of registered Hereford Cattle at our farm five miles west of Monterey, Virginia, on

## Saturday, Sept. 27, 1924

This sale will open promptly at 1 p. m. and you are cordially invited to be there at that time

## TWENTY-FIVE HEAD

of high class Herefords will be sold, 20 females and 5 bulls. Some of the cows will have calves at side; heifers of breeding age will be bred. These cattle carry the blood of the most popular Herefords of today: Perfection Fairfax, Repeaters and Woodfords.

Will sell a few head of first-class milk cows, Jersey and Guernsey grades.

Will also sell three head of pure-bred PERCHERON HORSES—1 mare 2 yrs old; 1 gelding 2 yrs old; 1 suckling colt, stud.

TERMS—A credit of 4 months will be given purchasers executing negotiable note satisfactorily endorsed.

## Lunsford Farms

Monterey, Va.

E. D. SWECKER, Auc.


### CHESTNUT BLIGHT

This printing office is in receipt of the press letter from the Department of Agriculture about the chestnut blight which is killing all the chestnut trees from Southern New England to Northern Georgia. The blight is spreading much faster than was first thought that it would. It was first discovered in Bronx Park New York City, in 1904, and the same year it appeared in Connecticut. A game protector told this writer that a United States forester had shown him a number of infected trees in Pocahontas county last fall. I have a large favorite chestnut on my farm that is showing a lot of yellow leave but I cannot say whether it is being killed by blight or just failing.

The blight kills old and young trees. In Connecticut the mature chestnut is dead and third generation of sprouts is dying. In that State the greater part of the dead and dying trees have been salvaged at a satisfactory profit but in the more inaccessible parts of New Jersey and Pennsylvania timberland owners are not finding it easy to market the dead chestnut. The prediction is that within the next ten years large number of chestnuts will be killed, and the advice is given to owners of chestnut stumpage to sell their timber as rapidly as suitable market can be found for it.

Not alone was there a money loss when all the chestnut died, but the forests presented a sorry appearance with great bare gaps where once the chestnut spread. This letter says that the smaller gaps are being filled by the extension of the crowns of adjacent trees, principally oaks. These trees have shown an increased growth nearly twice as great as for the same length of time before the death of the chestnut. The larger openings are for the most part being filled by seedlings of other forest trees. In Northern New Jersey it is pine, but from Connecticet to North Carolina the chestnut oak is one of the most abundant and widely distributed species taking the place of the chestnut.

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There will be a supper at New Hope Church October, Saturday 4th for the benefit of Brother Harris. Ice cream, cake, pies and sandwiches. Everybody around this charge that can bring something that will out in this supper will be appreciated. Everybody invited. Committee

## POCAHONTAS COUNTY FAIR

When nature was creating fair ground sites in West Virginia she seems to have reserved the best for Pocahontas county. These grounds are located on the beautiful Greenbrier River and are surrounded by picturesque hills and mountains. As one sits in the grandstand he faces a beautiful mountain the verdure of which is soothing to his eyes. The grounds contain a splendid half-mile track. The early date of the fair barred farmers from exhibiting many grains though there was a fair display of last year's grains. The ladies' superior display of needlework was conclusive proof of the fact that the ladies of Pocahontas county had entered the work with a proper spirit. The livestock display was pronounced by all "the best ever." Virginia, West Virginia and Ohio were all represented in this exhibit. This fair association has already proved that it can do business and make a little money for its stockholders. If I were to be allowed to make a suggestion for the betterment of the fair I would say cut out the fakers who through a misunderstanding of their games the directors were led to admit this season. An effort will be made next year to do this and we may expect this fair to grow better, bigger and cleaner as the years go by.

It was my good fortune to speak to a group of farmers at Hillsboro, W. Va., on the night of August 23. This country is known as the Little Levels and a better country is rarely to be seen. It is a limestone soil and bluegrass is indigenous to it. While this is a grazing country yet there is so much tillable land that a considerable amount of grains is grown. Years ago some of the best cattle produced in the state were raised here, but when cattle became very low, as they did from 1874 to 1900, farmers lost faith in the business and became careless about keeping good bulls. The dairy breeds were mixed with the beef breeds and for years they had just cattle. When cattle prices began to get better the interest in good cattle increased. A num- of farmers got into the pure-bred cattle business and the country will soon occupy the enviable position it did in former years. The farmers are beginning to be imbued with the spirit of cooperation and organization. A livestock shipping association has been organized. Quite a number of the farmers pooled their wool and while the highest price paid by the dealers was 42 cents the average price the pooled wool brought was 49 cents. The farmers have already received 20 cents per pound on their wool and the remaining 29 cents will be forthcoming when the wool is delivered. The sale of pooled wool this season refuted the often made statement that farmers can get as much for their wool if they sell it individually. Common sense teaches that such statements are untrue. But will anyone undertake to say that wool did not bring several cents more per pound because there was a wool pool in the state?

One of the merchants at Hillsboro told me he bought and sold 23 cases of eggs each week. That is 750 dozens. The experience of the poultry associations of the state proves that eggs will bring ten cents per dozen more if properly standardized. This would be a loss of $75 per week because these poultrymen were not organized, provided they produced only No. 1 eggs. It is certainly conservative to say that the Hillsboro community is losing $50 per week because they are not marketing their eggs in a business-like way.

This is one of the best potato sections of the state, but when I asked a farmer why he did not grow potatoes his reply was, "We have no market for them." No market for potatoes when there are thousands of carloads shipped into the state every year? The merchant said they grew all kinds and varieties and never graded them. There is no market for that kind of potato and never will be. This community needs to join the Potato Growers Association, grow one variety and enough so they can be shipped by the carload and see to it that every bushel is properly graded. Even at the present very low price for potatoes they will make more money than any grain we can grow on the farm.

One farmer said to me, "I paid ten dollars into the Farm Bureau Federation last year and I have never got a nickel out of it." "I am very sorry" I replied, "but I want to ask you a few questions. Do you keep sheep?" "Yes," said he. "How much wool did you have last spring?" "Did you pool it?" "No." "What did you get for it?" "Forty cents." "If you had average wool and had pooled it you would have got 49 cents for it, or $45 more than you did receive." "Do you attend your Farmers' Club meetings?" "No." "Have you ever called on the county agent to show you to treat your sheep for the stomach worm?" "I did not know that sheep had stomach worms," was his reply. Here was a farmer who put ten dollars into the Farm Bureau and had never gone back to see what the organization had done with his money. When he planted his corn last spring if he had never gone back to cultivate it he would not expect a harvest this fall, but he planted his ten dollars in the Farm Bureau and expected a big harvest without any cultivation. He was mistaken, however, when he said he had not a nickel out of it, for he bought three tons of fertilizer and saved $5 a ton on that whether he bought it through the Federation or not. We get returns out of the Farm Bureau proportionate to the thought and interest we put into it. The farmer no doubt could have been making $100 a year more out of his flock of sheep had he treated them for stomach worms about three times during the season, but he did not know that there were such things as stomach worms in sheep. Every year he says he has been losing several sheep and I suppose he calls it bad luck. For years the writer has been insisting on a better dog law for the protection of sheep, but as a matter of fact stomach worms kill more sheep than dogs destroy. This is no excuse for our not having a better dog law, however.

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Mr. and Mrs. Henry Eberting, of Corvallis, Oregon, are visiting in tht home of Mr. and Mrs. J. G. Hamrick, of Beard. Mrs. Eberting was formerly Miss Edmdnia Gumm of this county. Twenty two years ago she married Mr. Eberting and went to the state of Oregon where they have lived happily and prospered. This is their first visit to her native state in that time. Mrs. Eberting has many relatives in this county among the families of the Little Levels and Knapps Creek. After visiting relatives in this county these good people will visit Mrs. Eberting's relatives in Portsmouth, Virginia and return home by way of Missouri, Oklahoma, and Texas, visiting Mr. Eberting's relations in those states. Mr. Eberting is a native of Cook county Illinois and has had a varied and prosperous experience, which has taken him into many states. At present he has retired to the beautiful city of Corvallis. He is a good conversationalist, and to hear him relate the amusing incidents of his experiences are very entertaining. Since coming to this county he says he has seen more hills and mountains than ever before in his life, having spent most of his life on the Great Plains. Their friends have enjoyed their visit to this community.

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A building permit was granted by the city council to T. W. McCoy allowing him to build a two story concrete block building on the rear of his Main street property. This build will cost approximately five thousand dollars and will be 30 by 70 feet.

The first floor will be used for car storage and the second floor will be constructed as a seven room apartment. Work will beg n immediately. —Richwood Republican. Mr. McCoy is a native of Pocahontas, moving to Richwood when that town was established. His wife is a sister of C. C. and Ira Clendennen, of Marlinton.

## TEACHERS ASK FAIR PLAY FOR STATE FARMERS

### Institute Voices Objection To Republican Aministration's Plan of Shifting Taxes from Big Interests to Common People.

### RESOLUTIONS ARE ADOPTED.

Aroused by "the reckless mismanagement of state affairs by the present Republican administration, and the unwarranted expenditure of public funds," citizens and tax-payers of the state, who in the end are compelled to foot the bills, have begun to voice their disapproval through resolutions adopted by non-partisan organizations of which they are members.

In this connection, school teachers of Harrison County, through their county institute, adopted resolutions condemning the attitude of the present Republican administration in West Virginia in adding to the tax burden of the farmer, the working man and the middle class in general, and easing up on special privilege classes and big interests in the state.

#### Would Wipe Out Board

The resolutions point out that there has been a big reduction in the value of public utility property for taxation purposes while the property of the average man, who merely owns his own home or his farm, has been sent skyward. The resolution further called for the abolition of the state board of public works, which comprises state elective officers, including the governor, all Republicans.

"Insofar as the assessment of the board of public works," reads one of the resolutions, "seems to be unfair in reducing the value of public utilities, and therefore placing increased tax burdens on the farmers, we hereby recommend that this board be abolished."

The resolutions further score the Republican administration for unfairness and discrimination against the farmer in the conduct of state affairs.

The resolutions aroused the ire of administration leaders and Republican campaign managers, and a hot retort to the teachers of Harrison County, written in "mind-your-own-business" style, appears in the current issue of the "West Virginia State Weekly," a small weekly publication generally regarded as the official mouth-piece for the present administration and published by the private Secretary to Governor Morgan.

The reply in the "State Weekly" refers to the Harrison Institute as a body of teachers "who are ignroant or dishonest." The administration article further asserts that "it is customary at county institutes to adopt resolutions concerning school matters," and that "evidently the directing hand of the institute in Harrison County packed the committee on resolutions and lulled the teachers to sleep while the report was being made." The teachers are further charged, for daring to criticise the Republican administration, with "disgusting ignorance and stupidity."

## His Court Work Comes First With Judge Fisher; Encouraged in Campaign

With the fall term of the Webster county circuit court at Webster Springs concluded and his duties as a circuit judge no longer expected to interfere with his campaign activities, Judge Jake Fisher, of Sutton, the Democratic nominee for governor, carried his fight into the agricultural regions this week. He expects to spend a considerable portion of his time from now until the day of election "seeing" the farmer.

In carrying his fight into the farming sections, Judge Fisher will not pose as a "dirt" farmer, for he is not. For the present, he is a lawyer and a judge. His friends, however, recognize that he has a profound grasp of the problems that affect the farmer's welfare, for he has found time throughout his professional and judicial career to study and devote time to the agricultural industry. Furthermore, he is part owner of one of the most valuable tracts of farming land in Pocahontas county. He and his associates own a thousand acres of beautiful, rolling land in that section of the state which they will develop for grazing purposes. His ownership of this farm has served to keep alive and extend the interest he had in agriculture before he entered upon a professional career. He was born on a farm in Braxton county where his forebears for generations had made their livelihood off the soil. He was a competent and successful farmer before he became a lawyer and jurist. He has more than a sympathetic interest in the problems that vex and distress the farmer today. He shares their economic interest, because he has his own substance invested in the farming industry.

The time lost to his campaign while he conducted the Webster county court was a disappointment to many of his friends, but the judge considered that his duty to his constituency of his circuit was of far greater importance than any duty he owed to his party.

"I never want it to be said that any lawyer or litigant having business in my court suffered delay or disappoint


WANTED—A position in a mill, in woods or on railroad.

James M. Pennington
Dunmore, W. Va.



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Paroid Roofing has earned its enviable reputation during a quarter century of use because—

1. It pays dividends in *wear* and *satisfaction* for years and years!
2. It is distinctive—has a handsome, bright-gray surface.
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Paroid Roofing is made by Bird & Son, inc. (Est. 1795), manufacturers of Neponset Twin Shingles, Bird's Shingle Design Roll Roofing, Neponset Black Building Paper and Neponset Board. There's a Bird product for every sort of building.

*We are headquarters for Bird's roofings, building papers and wall board.*

W. J. Killingsworth

MARLINTON, - - - - - WEST VIRGINIA

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### SEEBERT

Miss Nuna Patten of Ronceverte, principal of the Seebert graded school has arrived in our city to take up her duties as teacher. She is at the home of W. D. Clark. Mrs. V. B. Mann, of Hillsboro, has charge of the primary work.

Miss Motie Kidd, the attractive daughter of Mr. and Mrs. F. P. Kidd of Hillsboro, left Saturday for Ohio University woich she will enter as a student.

Mr. and Mrs. Charles Baker of Ronceverte, are guests of their daughter, Mrs. W. I. Holliday. Also their daughter Mrs. Scruggs, of Clifton Forge, Virginia.

Rev. R. O. Hipes is holding is holding a series of meetings at Emmanuel church on Bruffeys Creek

Glenn Bruffey and Mathew Beard left for West Virginia University last week.

George P. Edgar has shipped a number of cars of fine cattle and sheep

Mrs. Susan Payne, ninety-three years old, is the guest of her daughter Mrs. Rachel Lewis She is the mother of S. J. and J. D. Payne.

W. D. Evans sold his property in Pennsylvania and is maving back to Seebert. He will buy property here.

W. D. Clark lost his fine show horse, Fancy Bay. He waf a valuable horse and Mr. Clark had been offered a fine price for him several times. He took distemper which developed into lung fever.

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The Monterey-Bartow mail route has changed contractors, William Kramer selling his unexpired term to Glen Galford of the West Virginia border. In noting this change it is due Mr. Kramer to commend his service during the past three years. He was faithful, prompt and accommodating.—Highland Recorder.